

Women need to become more savvy about their hearts

Did you know...

- Æ Close to half of American women die of cardiovascular disease.
- Æ Most women worry about cancer. Only 8% of women, when surveyed, thought that either heart disease, heart attack, or stroke presented the greatest threat to their health.

Know the signs of Heart Attack

Often, women manifest heart attack symptoms that differ from men.

- Æ Most women complain of severe stomach or abdominal pain or burning, not the traditional chest pain.
- Æ Nausea
- Æ Sudden fatigue
- Æ Depression

Know whether you are at risk

If you can explain why you're at risk, you'll get the treatment you need.

- Æ Cholesterol over 200 mg/dl
- Æ Blood pressure over 140/90 mm/Hg
- Æ Overweight - BMI over 30
- Æ Sedentary lifestyle - less than 30 minutes of exercise/day on fewer than 3 days a week
- Æ Smoking
- Æ Diabetes

